The benefits of using mint in Ramadan

The properties of the mint plant have been known since ancient times, and today its extract, leaves and essential oil are used in traditional medicine and in the food industry (as a flavoring agent) and in the manufacture of cosmetics.

The most effective ingredient in peppermint essential oil is called menthol.

During the month of Ramadan, the body faces a lack of water due to different conditions compared to other days, which is a suitable option to compensate for this deficiency with some vegetables such as mint.

Mint is one of the best medicinal herbs for those who are fasting because most people get constipated during the month of Ramadan due to improper nutrition and inactivity. Mint has a lot of fiber and improves constipation.

Facial skin becomes dry and acne prone during Ramadan due to dehydration, insufficient sleep and improper nutrition. Mint is effective in reducing skin inflammation.

This plant is rich in beta-carotene and vitamin C and is effective in improving acne and softening the skin. It also has a diuretic effect and removes toxins from the body by making the kidneys work.

In traditional medicine, mint is used as a stomach tonic, carminative, pain reliever, anticonvulsant, and nerve relaxant. It was also shown that peppermint essential oil reduces the spasm of the digestive smooth muscles leading to a reduction in abdominal pain.

Aqueous extract of mint plant has analgesic and anti-inflammatory properties and can be a suitable alternative to analgesic and anti-inflammatory chemical drugs. Peppermint oil has a strong antibacterial effect, which can be considered equal to the effect of the antibiotic gentamicin.

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